



# THE SLEEPER

*Trouble sleeping? Instead of tossing around in bed, watching the minutes click by as you try to sleep, try some of these acupressure points*

Around 58 percent of Europeans experience insomnia-like symptoms each night. These symptoms include waking without feeling refreshed, having trouble staying asleep and not being able to fall asleep quickly. Acupressure therapy and reflexology helps in distributing the energy evenly throughout the body and helps in relaxing the mind. Use these 6 major acupressure techniques while in bed, as a way to relax and prepare you for sleep. All it takes is 10 minutes. Breathe deep and slowly, close your eyes and.... sweet dreams!

## 01 THE SEA OF TRANQUILITY



This point is about 3-4 fingers up from the bottom of the breastbone, at the same level as the nipples in the centre of the chest and sternum. Place your middle finger on the point and press firmly for about 1 minute.

## 02 THE WIND MANSION



This point is found in the centre at the back of your head, in a hollow under the base of the skull. Locate the hollow and place your middle fingers in this hollow. Press firmly for 1 minute.

## 03 THE THIRD EYE



This point is located directly between the eyebrows, in the bend where the bridge of the nose meets the forehead. Place your right middle fingertip between your eyebrows. Apply pressure for 1 minute.

## 04 THE EXTENDING VESSEL



This point is found on the bottom of your foot, at the centre of the indentation below the ball of your foot. Press down with your thumb, hold for 30 seconds, relax for 5 seconds, and repeat for 2 minutes.

## 05 THE INNER GATE



This point is located in the inner side of the forearm, two and half finger widths from the wrist crease. Place the right thumb on the inner side of the left wrist and press firmly for 1 minute. Repeat on the other hand.

## 06 THE BUBBLING SPRING



This point is located in the first indentation right below the outer anklebone. Squeeze the ankle on the point between your middle finger and thumb for 1 minute before pressing the other foot.

Blue Tree offer bespoke massages using traditional techniques and are available in your home or on your yacht throughout the Cote d'Azur. For more details Tel: +33 (0)6 51 36 93 65 or visit [www.bluetree-massage.com](http://www.bluetree-massage.com)